

# RESOURCE GUIDE (JUNE 2019)

Compiled by  Catholic Parish Outreach  
A Program of Catholic Charities  
Providing Help - Creating Hope - Serving All

| General Assistance  | Mental Health/Substance Abuse  | Health Assistance   | Financial Assistance   |
|---|--|---|--|
| <p><b><u>Wake County Human Services</u></b><br/>919-212-7000<br/>220 Swinburne St, Raleigh, NC<br/>Child welfare/health/disability/mental health/substance abuse/veteran/ homeless/winter emergency assistance/ employment services.</p> <p><b><u>United Way 211</u></b><br/>2-1-1 or 1-800-831-1754<br/>24-hour human service information and referrals.</p> <p><b><u>Dept. of Health and Human Services</u></b><br/>1-800-662-7030<br/>8am-5pm, Monday-Friday<br/>Information and referral hotline.</p> <p><b><u>Oak City Cares</u></b><br/>984-344-9599<br/>1430 South Wilmington St, Raleigh, NC<br/>Wake Co. homelessness multi-services center offering a wide range of services</p>  | <p><b><u>Catholic Charities</u></b><br/>919-790-8533 (x29 for Spanish)<br/>3000 Highwoods Blvd Individual, family, marital, and group counseling for mental health needs. Fees based on a sliding scale.</p> <p><b><u>Cornerstone Center</u></b><br/>919-508-0777 Serves homeless Individuals with mental illness and substance abuse issues. Provides resources in areas for crisis intervention, employment and counseling, case management</p> <p><b><u>Triangle Family Services</u></b><br/>919-821-0790 3937 Western Blvd. Family, marital, and individual therapy by licensed clinicians.<br/><b>BY APPOINTMENT ONLY</b></p> <p><b><u>The Healing Place</u></b><br/>919-838-9800 Men's center and women's center. 3-5 day non-medical detox, 7-12 month substance abuse recovery program for homeless persons. Pick-up at S. Wilmington for men and Blount/Hargett for women (no walk -up)</p> <p><b><u>Fellowship Health Resources, Inc.</u></b><br/>919-573-6520 4112 Blue Ridge Rd</p> <p><b><u>South Light</u></b><br/>919-787-6131 Programs and services for youth and adults with addiction.</p> <p><b><u>New Leaf Behavioral Health</u></b><br/>919-781-8370 3725 National Drive, Suite 120</p> <p><b><u>Monarch</u></b><br/>919-856-4703 401 E. Whitaker Mill Rd.<br/>Mental Health related services</p> <p><b><u>UNC STEP Community Clinic</u></b><br/>919-445-0350 3010 Falstaff Rd.</p> | <p><b><u>Open Door Clinic</u></b><br/>919-832-0820<br/>1390 Capital Blvd.<br/>Medical care and prescriptions for individuals without insurance and don't qualify for Medicaid. 18+ cannot be pregnant</p> <p><b><u>Advance Community Health</u></b><br/>919-833-3111<br/>Several locations. Call for directions. Offers affordable healthcare and pediatric services to uninsured<br/>Only Wake County residents</p> <p><b><u>Alliance Medical Ministry</u></b><br/>919-250-3320<br/>101 Donald Ross Dr., Raleigh<br/>Offers affordable medical care and health education. Must be employed. Bring at least 2 pay stubs.</p> <p><b><u>WCHS Medical Eye Care Program</u></b><br/>919-250-4621</p> <p><b><u>Public Health Center Services</u></b><br/>919-212-7000 (adults)<br/>919-250-4570 (pediatrics)<br/>Primary care for children and adults. Sliding scale fee for the uninsured</p> <p><b><u>Wake Tech Dental Hygiene</u></b><br/>919-747-0126<br/>some fees apply</p> <p><b><u>Mariam Clinic</u></b><br/>919-824-4672</p> <p><b><u>Wake County Dental Clinic</u></b><br/>919-250 -4610<br/>Dental Care for kids 3-18 and woman who are pregnant, based on family income. Medicaid and NC Health accepted</p> <p><b><u>UNC Dental School</u></b><br/>919-537-3737</p> | <p><b><u>First Presbyterian Church</u></b><br/>919-833-4070<br/>120 West Hargett St, Raleigh<br/>By appointment only<br/>Call Tuesday at 9:30am. Financial assistance is provided once a year for rent, utilities, and other needs of those employed.</p> <p><b><u>North Raleigh Ministries</u></b><br/>919-844-6676<br/>9650 Strickland Rd. Raleigh<br/>By appointment only. Call for appointment on Mon &amp; Thur 10am.<br/>Must bring photo ID, SS cards, utility bill, copy of lease, and 2 mo pay stubs. Financial assistance for residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, and 27615, 27616.</p> <p><b><u>Assurance Wireless</u></b><br/>1-888-321-5880<br/>Free cell phones for low-income clients</p> <p><b><u>ChurchNet</u></b><br/>919-569-0020<br/>Wake Forest, Youngsville, &amp; Rolesville residents only.</p> <p><b><u>Dorcas Ministry</u></b><br/>919-469-9861<br/>187 High House Rd., Cary<br/>Mon - Fri 9:00am – 3:00pm &amp; by apt. Cary &amp; Morrisville residents only<br/>Apex residents need referral form</p> <p><b><u>Western Wake Crisis Ministry</u></b><br/>919-362-0657<br/>Mon.—Thur. 10am—1pm<br/>103 1/2 E. Chatham St. Apex<br/>Provides emergency financial aid for residents of APEX AND HOLLY SPRINGS ONLY</p> <p><b><u>Garner Area Ministry</u></b><br/>919-772-9100 rent, water and prescription medication<br/>Garner residents only</p> |
| <b>Crisis Hotlines</b>  |  |   |  |
| <p><b><u>Alcoholics Anonymous</u></b><br/>919-783-6144<br/>24-hr alcohol abuse hotline. Provides info on local AA meetings</p> <p><b><u>Al-Anon</u></b><br/>919-713-1516<br/>For family members of those dealing with alcoholism</p> <p><b><u>Birthchoice</u></b><br/>919-781-5433<br/>Pregnancy help</p> <p><b><u>Carolina Poison Control Center</u></b><br/>1-800-222-1222<br/>24-hr poison help line</p> <p><b><u>Child Abuse Hotline</u></b><br/>1-800-4ACHILD</p> <p><b><u>Drug Helpline (U.S. DHHS)</u></b><br/>1-800-662-HELP<br/>24-hr treatment referral and information about mental and/or substance use disorders, prevention and recovery.</p> <p><b><u>Holly Hill RESPOND</u></b><br/>919-250-7000 or 1-800-447-1800<br/>24-hour mental health and substance abuse evaluations</p> <p><b><u>HopeLine</u></b><br/>919-231-4525<br/>24-hour local crisis and suicide prevention hotline.</p> <p><b><u>Interact Domestic Violence Hotline</u></b><br/>919-828-7740<br/>24-hour hotline for survivors and victims of domestic violence</p> <p><b><u>Interact Sexual Assault Hotline</u></b><br/>919-828-3005<br/>24-hour hotline for survivors and victims of sexual assault</p> <p><b><u>Lifeline</u></b><br/>1-800-273-TALK (8255)<br/>National suicide prevention hotline</p> <p><b><u>Teen Talkline</u></b><br/>919-231-3626<br/>3820 Merton Dr., Ste. 249, Raleigh</p> | <b>Transportation Assistance</b>   |   |  |
|   | <p><b><u>Capital Area Transit</u></b><br/>919- 485-7433<br/>Call for bus schedules.</p> <p><b><u>Triangle Transit Authority</u></b><br/>919-549-9999</p> <p><b><u>Wake Coordinated Transportation Services—TRACS</u></b><br/>919-212-7005<br/>For the elderly (60+) and disabled. Need to provide proof of age or disability. Also provides services for people living in certain rural areas. Mon.—Sat. 6am-6pm<br/>Cost \$2—\$8 Call for more information.</p> <p><b><u>Accessible Raleigh Transportation</u></b><br/>919-996-3459</p>   | <b>Other Resources</b>  |  |
|   |  | <p><b><u>Centro Para Familias Hispanas (Hispanic Family Center)</u></b><br/>919-873-0094<br/>2013 Raleigh Blvd., Raleigh<br/>Resources /referrals/classes, workshops/ counseling. Call for apt.</p> <p><b><u>NC Works Career Center</u></b><br/>919-250-3770<br/>220 Swinburne St., Raleigh</p> <p><b><u>Resources for Seniors</u></b><br/>919-872-7933<br/>In-Home Services.</p> <p><b><u>The Women's Center</u></b><br/>919-829-3711<br/>112 Cox Ave. Raleigh Addresses issues of poverty/homelessness among women</p> <p><b><u>Capital Area NCWorks Career Center</u></b><br/>919-715-0111<br/>Food stamp recipients only</p> <p><b><u>Child Care Service Association</u></b><br/>919-403-6950<br/>Child care referrals</p>  | <b>Diapers</b>   |
|   |  |   | <p><b><u>Hillyer Memorial Christian Church</u></b><br/>919-832-7112 helps with light bills (that have disconnection notice) up to \$100. Call Fridays at 9am for an appointment</p> <p><b><u>The Diaper Train</u></b><br/>(919) 833-6400 x222<br/>The Diaper Train provides diapers for those in need. The agency requires referrals, but instructions are provided when you call to have a referral written.</p>  |

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| Shelters  | Transitional Housing   | Clothing Assistance  | Food Assistance   |
|---|--|--|---|
| <p><b><u>Centralized Intake for Homeless Women &amp; Children</u></b><br/><b>919-861-1195</b><br/>Call to be directed to services that provide housing for women and children.</p> <p><b><u>South Wilmington Street Center</u></b><br/><b>919-857-9428</b><br/>1420 S. Wilmington St<br/>Emergency shelter for men 24/7. Only for Wake County Residents. Provides long term and short term housing</p> <p><b><u>The Healing Place</u></b><br/><b>919-838-9800</b><br/>1251 Goode St. (Men) , 3304 Glen Royal Road (Women)<br/>Emergency shelters for men and women. Must call ahead to be considered for the night. There are different procedures for men and women.</p> <p><b><u>Raleigh Rescue Mission</u></b><br/><b>919-828-9014</b><br/>Emergency shelter</p> <p><b><u>Family Promise of Wake Co.</u></b><br/><b>919-832-6024</b><br/>903 Method Rd<br/>Housing for couples with or without children or single mothers. Call first<br/>Intake is Mon-Thurs 7 am to 6pm</p> <p><b><u>Wrenn House</u></b><br/><b>919-832-7866 / 919—833-3312</b><br/>908 W. Morgan St<br/>shelter for young people (age 10-17).<br/>Call ahead to complete screening process</p> <p><b><u>Interact</u></b><br/><b>919-828-7740</b><br/>Women &amp; children. Must call first to complete screening process.</p> <p><b><u>Love Wins Ministries</u></b><br/><b>919-835-2777</b><br/>824 N. Bloodworth St., Raleigh<br/>Day shelter, open Monday –Thursday, 9-1 and by appointment on Friday</p> <p><b><u>Salvation Army Woman and Children center</u></b></p> | <p><b><u>The Carving Place</u></b><br/><b>919-462-1800</b><br/>Transitional housing for working families with children. Must be employed and working full-time, and homeless or at risk of becoming homeless. Must call to complete intake form.</p> <p><b><u>PLM Families Together</u></b><br/><b>919-212-1123</b><br/>908-101 Plainview Dr.<br/>Provides short term housing and rehousing support. For families that are residents of Wake County.</p> <p><b><u>Passage Home</u></b><br/><b>919-834-0666</b><br/>Must call Mondays between 10 am and 11 am to receive an appointment.</p> <p><b><u>AME Incentive Program</u></b><br/><b>919-834-3734</b><br/>412 Capital Blvd., Raleigh<br/>Housing for single men. It is a shared living space and capacity is 40. Some meals provided, \$60 per week. Must have referral.</p> <p><b><u>Helen Wright Center for Women</u></b><br/><b>919-833-1748</b><br/>For woman only. Must call or visit to put name on waiting list. Each guest contracts initial stay of 2 months.</p> <p><b><u>Lutheran Services Carolinas</u></b><br/><b>919-832-2620</b><br/>4020 Wake Forest Rd. Suite 301<br/>Raleigh<br/>Transitional housing for adults with severe and persistent mental illness.</p> <p><b><u>Oxford House</u></b><br/><b>800-689-6411</b><br/>Various houses in the area are available for both men and women recovering from alcohol and/or drug addiction. Must apply directly to the house of interest, average \$90-125 weekly fee.</p> <p><b><u>Wake County Housing Referral Line</u></b><br/><b>—Managed by Triangle Family Services</b><br/><b>919-861-1195</b> Monday– Friday</p> | <p><b><u>Brooks Avenue Church of Christ</u></b><br/><b>919-821-2400</b><br/>700 Brooks Avenue, Raleigh<br/>Second and fourth Saturday of every month. 9:00am– Noon.<br/>No referral required. Must have ID</p> <p><b><u>Garner Area Ministries</u></b><br/><b>919-772-9100</b><br/>885 Hwy 70 West, Garner<br/>Garner residents only.<br/>Mon, Wed, Thurs &amp; Fri<br/>9:00am—Noon<br/>Food and financial assistance also available.</p> <p><b><u>Salvation Army</u></b><br/><b>919-779-8867</b><br/>205 Tryon Rd., Raleigh<br/>Must call on Monday at 8 to schedule an apt for Friday. Must have id for person receiving clothing, SSN for each family member</p> <p><b><u>First Baptist Church</u></b><br/><b>919-832-4485</b><br/>99 N. Salisbury St., Raleigh<br/>Wed 10-11:30 am, Thurs 1-2:30 pm<br/>Free Clothing , Must have ID</p> <p><b><u>Reaping the Harvest Christian Church</u></b><br/><b>Clothes4Christ Ministry</b><br/><b>919-924-2744</b><br/>331 Tryon Rd, Raleigh NC 27603<br/>By Apt only<br/>Tue &amp; Fri 10:30-1:30</p> <p><b><u>With Love from Jesus</u></b><br/><b>919-233-8010</b><br/>421 Chapanoke Rd., Raleigh<br/>Tues, Wed, Fri, and Sat<br/>10am—11:30am<br/>No Referral Required</p> <p><b><u>Dorcas Ministry</u></b><br/><b>919-469-9861</b><br/>187 High House Rd., Cary<br/>Mon - Fri 9:00am – 3:00pm &amp; by apt.<br/>Cary &amp; Morrisville residents only</p> | <p><b><u>Catholic Parish Outreach</u></b><br/><b>919-873-0245</b><br/>2013 Raleigh Blvd, Raleigh<br/>Mon - Sat 10:00am – 1:00pm.<br/>Referral required every visit/ID first visit</p> <p><b><u>Durham Community Food Pantry</u></b><br/><b>919-286-1964</b><br/>2020 Chapel Hill Rd. Suite 30, Durham<br/>No referral required food pantry serving Durham and Orange Counties. Open Wednesdays 10:00-1:00PM</p> <p><b><u>Salvation Army</u></b><br/><b>919-834-6733</b><br/>1863 Capital Blvd., Raleigh<br/>Tues/Thurs at 12:30, 1st 20 people only.<br/>ID for all family members required.<br/>No referral required. Call for appointment.</p> <p><b><u>Urban Ministries Food Pantry</u></b><br/><b>919-836-1642</b><br/>1390 Capital Blvd. Raleigh<br/>Mon-Fri 9am – 1pm<br/>ID for all members of household required.<br/>Must be a Wake county resident.</p> <p><b><u>Dorcas Ministry</u></b><br/><b>919-469-9861</b><br/>187 High House Rd., Cary<br/>Mon - Fri 9:00am – 3:00pm &amp; by apt.<br/>Cary &amp; Morrisville residents only</p> <p><b><u>North Raleigh Ministries</u></b><br/><b>919-844-6676</b><br/>9650 Strickland Rd. Raleigh<br/>Mon—Thur 10am-12:30pm; Thur 2-3pm<br/>No referral required. Need photo id, ss cards, &amp; utility bill. For residents living in the following zip codes: 27604, 27609, 27612, 27613, 27614, 27615, and 27616.</p> <p><b><u>Shepherd's Table Soup Kitchen</u></b><br/><b>919-831-2010</b><br/>121 Hillsborough St., Raleigh<br/>Mon-Fri 11:00AM – Noon<br/>Provides free hot meals.<br/>No referral required.</p> <p><b><u>The Point Food Pantries</u></b><br/><b>919-467-9159</b><br/>1503 Walnut St., Cary &amp;<br/>1402 E. Williams St., Apex &amp;<br/>3700 Lake Wheeler Rd., Raleigh<br/>Every Saturday 11:00AM—Noon<br/>No referral required, must live in Wake Co.</p> <p><b><u>With Love from Jesus</u></b><br/><b>919-233-8010</b><br/>421 Chapanoke Rd., Raleigh<br/>Tues, Wed, Fri, and Sat<br/>10am—11:30am<br/>No Referral Required</p> <p><b><u>Western Wake Crisis Ministry</u></b><br/><b>919-362-0657</b><br/>1600 Olive Chapel Rd suite 408 Apex<br/>Mon, Tue, Wed, Thu 11am– 2pm<br/>2nd &amp; 4th Thur. evenings 6:30pm —8pm<br/>Services for residents of Friendship, Holly Springs, New Hill, and Apex. Please bring proof of current address. No referral req'd.</p> <p><b><u>Wake Relief</u></b><br/><b>919-833-6400 ext. 3</b><br/>616 Tucker St. Raleigh<br/>Mon/Tue 1-3pm, Wed/Fri 10-noon<br/>4th Sat 10-noon, Referral Required. Must have id for all family members and last 5 digits of SSN</p> |
| <b>Household Goods/Furniture</b>  |  |  |   |
| <p><b><u>With Love from Jesus</u></b><br/><b>919-233-8010</b><br/>421 Chapanoke Rd., Raleigh<br/>Tues, Wed, Fri, and Sat<br/>10am —11:30am<br/>No Referral Required</p> <p><b><u>Helping Hand Mission</u></b><br/><b>919-829-8048</b><br/>623 Rock Quarry Rd. Raleigh, NC.<br/>Mon – Fri 10:00am – 7:00pm</p>   | <b>Thrift Stores</b>   |  |   |

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| <p><b><u>Salvation Army</u></b><br/><b>919-779-8867</b><br/>205 Tryon Rd, Raleigh</p> <p><b><u>Sightly Worn Thrift Shop</u></b><br/><b>919-256-4220</b><br/>2701 Noblin Rd. Suite 2705, Raleigh</p> <p><b><u>Dorcas Thrift Shop</u></b></p> | <p><b><u>Raleigh Rescue Mission</u></b><br/><b>919-8787117</b><br/>4700 Capital Blvd Raleigh, NC 27604</p> <p><b><u>Interact's Pass it on Too</u></b><br/><b>919-865-1601</b><br/>1012 Oberlin Rd., Raleigh</p> | <p><b><u>Goodwill Industries</u></b><br/><b>919-834-0504</b><br/>321 W. Hargett St., Raleigh</p> <p><b>919-782-2435</b><br/>4801 Grove Barton Rd., Raleigh</p> <p><b>919-861-8992</b><br/>4401 New Hope Rd., Raleigh</p> |
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